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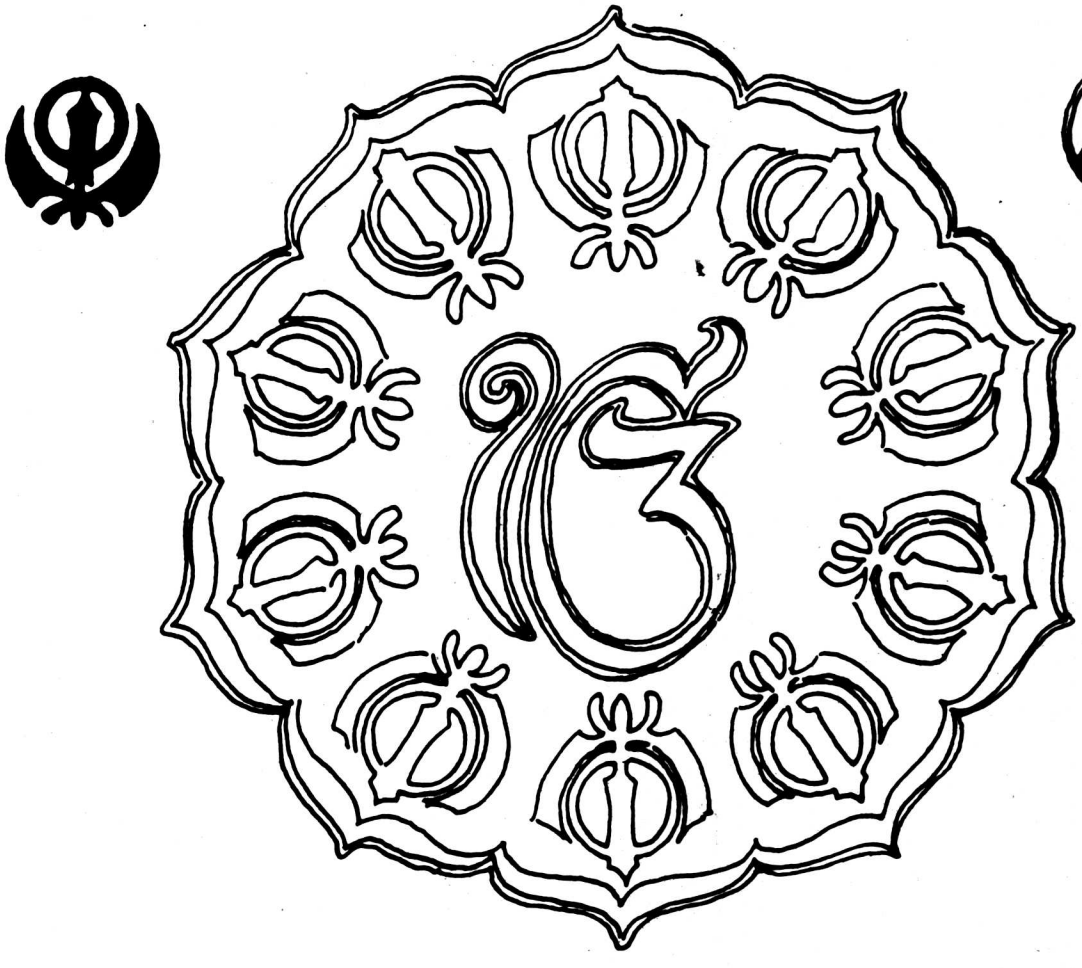
KUNDALINI RESEARCH INSTITUTE NEWSLETTER



PREFACE

This newsletter is dedicated to Yogi Bhajan and the spirit of the Infinite he sows. It is inspired by his humility in sharing the cosmic truths he has been blessed to understand.

This newsletter is meant to provide a source of carefully checked technical information on Kundalini Yoga and related topics for the Aquarian Age. It is our hope that we may in some small way facilitate the practice and understanding of these scientific techniques for altering consciousness and living truth.

The K.R.I. Newsletter has purchased it's own mimeo press to serve you more efficiently. We still need to finish paying for the press. To help in this effort we ask you to have your friends and ashram send all the blue chip stamp books you can find and spare to the K.R.I. Newsletter. We can get a substantial cash value for each full book. If we collectively gather 800 books our debts will be paid. Your help is greatly appreciated.

Any comments or submissions of articles for publication are welcomed. We hope this newsletter will get feedback from you. Tell us what you would like to see printed. Inform us of any kriyas or information Yogiji has given relating to any technical article that may appear so that the final collation of many of these articles into a book form will be complete.

In the Holy Nam,

Gurucharan Singh

KUNDALINI RESEARCH INSTITUTE
NEWSLETTER

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Solstice Sadhana

a lecture by Yogi Bhajan
6/18/73 (edited)

Introduction:

God has granted us a vacation in advance of earning it. He has given us a few more years to prepare ourselves with a strong habit of sadhana. It is in the next two to three years that we should have a habit of relating to God-consciousness and to group consciousness even in the face of greatest adversity. For after this time of building, our strength of habit and sacrifice will be tested. There will be no leisure time to speculate if our habit is strong or where to begin to relate to these universal techniques we have been given.

This lecture of Yogi-ji's explains that purpose of the next few solstices and the reason for silence and travelling to them in groups. But his explanation should serve as an awakening to build ourselves strong every day so in the near future our shoulders may be strong enough to support many. So that we need in times of trial to lean on none other than God, Guru, and Self.

(Editor's comments)

A question came up this morning. Somebody said he's intellectually hungry. It was a good question to discuss. At a solstice you have to break your patterns. You are here to go through certain changes. And you cannot live intellectually all your life. You have to live by the power of your soul.

For some of you it may be difficult to be in silence. But the art of silence is the greatest art. Actually we are not silent; we are praising the Lord. We have dedicated these days to Him.

Just to be silent is virtuous. For eight days in your life to be silent is not a big asking. And in spite of that fact, it is not silence. All the time we chant; all the time we use the word "Sat Nam". It is the energy of physical vibration that has to be diverted to one area-that is the area of soul-so that you may face the world better.

We are here to prove to ourselves who we are and what we will be. We are practicing here a way of life, we are practicing a strength in us. We are trying to prove to ourselves whether we can relate to soul or not. It is not a drama and it is not a domestic favor. There is absolutely no favor to anybody.

And we are not going to cater to anybody's ego. He may even be a god; we'll kick him out. You must be very clear on that attitude. Here we come to give our ego up, here we don't come to demonstrate our ego. And we're not going to tolerate that under any environmental circumstances, whether you like it or you don't like it. Either you undertake the responsibility and be what you should be, or you can never break the patterns. And there's no choice between the two. It would be very silly to come here and not test yourself.

That is why we go to a wilderness where there is no public

around, there is no habitation, no homes, there are no shops. So then we can do what we want to do, away from civilization, away from the concrete jungle. We should test ourself. There are very comfortable environments this year. Next year we should not have it like that. We should just be left alone. Why not? Are you not people? Don't you have the strength in you? Where has the soul gone to? It has gone on holiday? Can we prove to ourselves that deep, deep in us we have the strength and are capable to do anything we want to do? Can't we for eight days channelize our total energy to God, who gave us this speaking power?

This is not a psychology class at U.C.L.A., where we talk to people about the messy human scene. Forget it! It is a self-observation and it is a self-discipline. It is a self built in. It is a test; whether you communicate with your ego, or your ego communicates with you. It's a simple, natural human phenomena. Stay clear in your consciousness on that.

When you all came you were welcome. When you go, we will welcome you to go. We welcome you anyway. But here it is a workshop; here each one has to cater to himself. It is a self-catering process, it is a self-discipling process, it is a self-meditation into the total activity. If we never learn in our lives to break our patterns of life for ten days, we will never learn to live happy. It's a fundamental necessity; it is a must of the human life.

We are getting to be a sick nation and we can't afford that. I have studied all civilizations on that subject. In all those civilizations there were certain patterns where people have festivals which relate to the soul, and those festivals were beyond the pattern of normal life. Nations were healthy, people were beautiful, people were great.

Roman Empire would never have fallen in history; there was no way they could have been defeated, but their festivals, instead of continuing to be spiritual, became sexual. The nation fell, that civilization fell. Egypt too! Egyptian civilization was the strongest civilization, but when their gatherings became naked dances and booze, and finally they gave themselves to peyote, they fell. There was nothing to retain them, a thousand years of slavery came on them like clouds. Indian civilization, when their dances were spiritual, done in temples, they were a God-fearing people. When their feasts and festivals were related to the physical as spiritual incarnations of God, they were the healthiest of people. But when they fell from that and became ritualistic, they suffered a slavery and came under brute rule for thousands of years. When Chinese got into the ritual of opium, a handful of Japanese made them slaves and took away all of Manchuria from them.

Study the human race and study the basic human nature. The human para-psychology must be studied. You have to become strong, and you have to become self within Self, and this is the only way you can do that.

In one of the armies, it is a law that any officer who commands for five years goes on a special leave. They send him to some area where he works as a very low subordinate. They call it interchanged duty, because when you say, "Come on! Come on! Come on! it becomes so boring for you, that you can't command any more. So you have to

to go out and experience that other polarity, to be subordinate.

In the same way we have lived a very organized and pressured life. We talk, talk, talk like ducks all the time. We prove to each other that we are beautiful by how much we know. Now these eight days are given to you and you don't have to prove anything to anybody except yourself. It is the biggest proof you have to give to yourself. Can you remain silent, and if you have to speak, can you project your magnetic field in a vibratory effect so that the other man understands you before you speak? Can you overcome your needs? Are you powerful enough to exist under any circumstances worse than these? Do you have the guts to carry on your life under all environments?

We are building a future. While building a future, care has to be taken that the foundation is basically strong. It is those foundations on which the future has to be laid. It may be totally wrong, it may be our fantasy, we may be living in an hallucination. Alright, granted. But let us try it. If we are going to hallucinate let us do it right! At least hallucination should be right.

If we think that we are men, let us be graceful men! If we think that we are women, then let us be graceful women. Let us be Grace of God. Let us understand who we are. Some people think that this Solstice is a festival where things will be applied here to be catered to their fancies. No! It is only that God is very merciful, so you have shade and all that stuff. One day our life will be in a total jungle just marked by trees. At some solstice, one mile from this tree there will be another tree, one mile there will be another tree, and another tree. We will let you loose there for seven days. No food, no water, no communication. We'll just get some guards on the side to see who freaks out. That's it. Can you survive? Maybe we'll hide some food somewhere in the ground. Maybe we will make an underground tank. Maybe we'll provide everything, but not tell anybody. Then see how crazy you become.

This is all because you are people, and as people you have only one quality. I tell you the definition of people: People are those who change environments to increase the beauty and comfort for each other. People are not those who make wars, who commit tragedies, who create destruction. That is the animal nature of people. You are peaceful, strong, honest people. That is the life we are going to practice. And we must experience it. Otherwise suppose I go on teaching and telling you --da da da da--it is all a surface . It doesn't mean a thing. My word will never reach your heart. You have to experience the spirit. If somebody has swum a mile-wide river, ask him to swim and he'll go all out. But if somebody only knows about the river, he'll say "One mile long at 5,000 feet, this is so many fathoms deep, there is a rock." All on paper, he will tell you. Ask him to swim and he says, "It's cold." He won't get in. Tell him to swim, he says, "I don't have stamina."

You have to have stamina as people, as human beings, graceful people so that you can stand. And what is the stamina?

When you can stand against eventuality.

I talk to you this morning because this is a new thing I have heard and found out. "I am intellectually hungry. You know there's nobody to talk to. And I'm the best talker, I have to be silent also." So please understand, here the purpose is to prove the self. Here you have not come to rap with each other, here you have not come to talk. Here you have come to learn to control. I know some are not very successful in that. It's not that I am not aware of that. But we feel gradually, one after the other, time after time, perhaps they may pick up the tabs, and they may become what they should be.

The world is very sick today, and we can't afford to become more sick. That is why we have become Sikhs instead of sick. Let us learn the righteousness; let us live righteously. We don't want to get into mental hospitals, we don't want to have psychological hysteria. We don't want to become emotional vegetables. You call it an ego problem. You know what we call it in medical science? Psychological hysteria: "I want to be distinct." I tell you the most distinct a guy can be. I saw this guy walking with a hat, and he had a hen in it. A hen! You know what that is? It surprised me that this guy is walking with a hen in his hat. His clothes were weird, but many people wore weirder clothes than that. But having a hen? I ask some people to tie a turban. They don't like it. But what about carrying a hen in a hat?

So later on I discovered that he's a very rich guy, and he does not know what to do. The only way he can communicate is to keep this hen, to sit in his hat, and children see it and they talk to him. He needs to talk to somebody. And to attract that thing he carries that hen in the hat to become a special cartoon so that people will think they can communicate with him. And that is true, because I also became curious only to know what this wrong is with this man.

You don't know how much you are trying to talk. How much crazy it makes you not to talk? Many people tell me, "Yogiji, we want to talk to you. When are we going to talk to you?" Well, I ignore you want to talk to me. I'm not such a fool. But I want that I should be in you, and then you should not talk to me. That is something special. To be with me and to talk to me is a very common thing. I know you love me. There's no problem. I'm aware of all that. But strength is that I am sitting around you and I may talk; you may not. That is what it is. That will make me happy; that you follow the teachings, not me. To follow me is to talk to me. Teaching is when I may talk. You say "Sat Nam"; future is safe, nation is built, then the foundation has been laid. Then there is a chance.

When there are men of will there are men of spirit and there are men of value. Guru Gobind Singh said, "Don't bow to anybody." He was a very clever teacher. When he was going with a Sikh, he took an arrow, and there was a place, a holy place. He threw the arrow. That is the salutation of an armoured person. The Sikh just held his horse, asked him to come down. He said, "what is wrong?" He said, "You have saluted that grave?" He said, "Yes." He said,

"You have to be penalized." He said, "How come?" He said, "Well, you told us not to do it." He said, "Yes." He said, "Why did you do it?" He said, "Just to see if I can bypass you or not." He said, "Sure not!" He said, "Alright, I give up. What is the punishment?" He said, "You go from here 25 miles and get the grass for the horses." He obeyed it, but he was very happy. At least his consciousness was free that he could produce a handful of people who knew what righteousness is. Everybody can't do it. You get wiped out by personalities.

I'll be happy to see in you the strength of your personalities, and that's why we are here. That's why after the first summer solstice we decided that the first eight days we'll do nothing but we'll chant to God during this time. You know the people that are working, they have to run the administration. They have to talk. They're not as privileged as you are. This is a sadhana.

I'll tell you one thing very clearly. Understand it. It's very authentic. At the rate we are becoming insane in the United States, if we continue, after 20 years there will be no bed available in any hospital, though we may provide thousands of more beds to circumvent this necessity. Therefore, now the time has come. We should realize honestly what actually we have to do.

I am grateful for those who have kept up sadhana. I am grateful to those who are trying to keep it up, and I'm also grateful to those who will keep it up and have not kept it in the past. Don't worry yesterday what it was. Worry now, and pick up the tabs and make it happen.

Nature is here and I told you the very first day we are at a higher altitude than we require to be. However, there are more chances of freaking out than there would have been. And if you are not freaking out, and observing complete silence, you will. That is why I talked to all the teachers, this is the fourth year. Normally, after three years we expect people to go into Shakti Pod and do weird things. So we are getting ready, and we are ready to face the situation. Somehow, somewhere we have to draw the line. Are we committed to the truth? And do we want to give ourselves a try this way? And do we want to realize during this lifetime the basic truth for which we have come on this earth? Or do we just want to do what an ignorant man wants to do? One way is to live consciously. One way is to live un-consciously. Both ways are living.

There are teachers who will make you great disciples. There are teachers who will be friendly with you. There are teachers who will have absolute patience and will be just like vegetables. If you'd like those teachers please come to me, I'll give you their address. They are our teachers. I love them. They are doing what they are doing; it is the finest job. But we are not here to create disciples. Neither are we here to create vegetables. We are here to create teachers. And a teacher is a person who has to teach wisdom in all eventualities. So he has to be the totally finest, self-built man. He has to be pure, 24 karat. And the gold only becomes 24 karat when it goes through the heat of quite a big furnace. All other metals burn out and what remains is gold. That's why it is a precious metal. Thousands of years, the

carbon remains under pressure and weight. It becomes priceless. Otherwise, who cares for the carbon? Charcoal is also pure carbon. It's black. And for $10 you can buy 10 pounds of charcoal. It's pure carbon. Diamond is nothing but a pure carbon. Glass can shine like a diamond, but glass is not a diamond because it's not that hard. Nothing can cut a diamond, and nothing can subdue a teacher. And it will take time to build your facets.

We are not a bunch of disciples getting together. This is a bunch of teachers who are undertaking to know their potential personality through their spirit and through their soul. Is it clear to you? Have you understood it?

I thought I would just speak a little this time and everybody would understand it. But through the years, the beautiful jungle has made you forget everything you are here for. I honestly do not understand. Why should there not be the hardest environments where you should be invited? We should see what you do. Why should you not be tested? What is wrong in that?

The first summer solstice we had a very hard time. I was very happy, it was the best time I enjoyed. I led everybody and put them in the bed of a river with no water and no food. None left! That was 3HO! None left! The mayor of this town sent us water. They said, "No, they are hippies. They are different. They are dust." We were circled by the police all the time on the mountain with their guns. They were terrible. Highway patrols bothering us all the time. Every time they came in a different place. "You have broken the wire." I said,"We are sitting in the river. There's no wire here." "You light fires." "It's a river bed. It's cold at night. We want to be hot. We have no tent. All our children will die. They are little children." They said, "Well, what should we do?" We said, "Can't go out. There's no water. We will die." The mayor said, "I will not let these people die." He sent a truck. He said, "No, they are spiritual people, they are not leaving. I will not let them die of thirst." Then someone started sending watermelon. We had three trucks of watermelon a day. But, surprisingly, not a single person left. We asked for police help so our caravan could go to the road. They said, "It is not available. It is not going to work." So I became a police constable. We blocked all those roads, carried all those cars, and finally we found that river bed. We walked into it. It was very difficult for them to take our cars out. We were all sunk in that sand. That was the best demonstration of a religious family. I knew what the mothers with babies went through. I knew what they did for their children to protect them from the scorching heat. 108° Fahrenheit was the temperature of that river bed. For two days we had no food whatsoever. And water? There was a place where you beat the sand and you could soak a towel and bring it for the kids. We have survived that. And that was a summer solstice. None of us could go out because we were encircled by the police. They thought we were doing some revolution. "God knows what we are doing."

We come to test our capacity to survive. That's why I always choose a place away from civilization. So that we should be only

we, and we should help each other with the vibrations and keep the way up. But you know every time God does not want to play tricks with us, so sometime good always comes in our lap. Now you understand what is expected of you?

After a couple of years of this practice, you may practically face those times. That's why I always want you to come in caravans. Yatra is a holy migration. I want you to migrate together. Twenty to thirty cars. Cars will break. Terrible things will happen on the way. I want you to learn to do that. I don't want you to come wheeee...like that (in an airplane). That's nothing. I don't like that.

We would like it if all 3HO centers will afford to have country ashrams; we would like them to keep horses. We would like them to walk this time of the summer on horseback. Bring their children, chanting and singing and come together from all those miles. It should take them one week to get here and one week to go back. We don't want you to be dropped off by helicopter and picked up from here by helicopter.

We want strength once a year to prove to our own selves how much we love each other. We want our gathering to be together. This is our yatra. That is the purpose of it. We want to see each other. We want to meet each other. We want to sing together. We want to face each others' difficulties. We want to help each other. We want to love each other. We want to understand each other. We want to be each other. We don't care if God comes, "Thank you very much." We want to deserve. We don't want to desire anything. We have come here to deserve everything. And when you deserve, your desires are fulfilled automatically.

We want to practice the mantra: "Keep Up." We want certain things to keep our life together. We want for certain days to know each other together. We don't want for certain days to live in a steel jungle. Is it clear to you? That is what we want.

So keep your belt tight. And keep your spirit high. And keep up. If you want to freak out, tell your ego, "Should I freak out?" And if your ego is freaked out, there's no harm and you should freak out, too.

Here you have come to build what we have lost. Here we want to build a nation which we have lost. Here we want to lay the foundations of the new future. That is the purpose of us to be here this day: To prove to ourselves that we have the spirit to survive through every obstacle.

TO BE A STUDENT AND A YOGI: KEEP UP!

For those of us who are students and yogis at the same time, several thoughts may recur, such as, "What am I doing in school," or "What possible relevance can school have on my spiritual growth?" As our society is structured now, degrees and credentials are necessary for building many programs which are important to our growth as a spiritual nation. For this reason, there is a very real need for yogis to keep up in school.

In actuality, the experience of going to school and taking part in the 3HO way of life can be complementary. An interchange between these two areas can be extremely stimulating and rewarding. If you are constant in your example as a yogi, people at school often will become interested in what you are doing and will want to learn more about the 3HO way of life. In turn, you can share ideas you have learned at school with the people at the ashram. Also, there are often many worthwhile activities at your school which the people at the ashram would enjoy. It is very beneficial to let your friends at the ashram know about these activities (it may take a little prodding to get them to go) because you will feel more of a balance and sharing between school and ashram life. School can be extremely rigorous at times and you may find it difficult to stick to a balanced schedule. Here are some thoughts which have helped me:

1) DO NOT BE AFRAID TO ASK FOR HELP: School work can often amount to an all-day (and all-night!) experience. Especially difficult times are during mid-terms and finals. Let the other people in the ashram know your schedule so that they can be aware of the extra effort you are expending. If you study for long periods of time and find that you become tense, ask for a backrub or a head massage. You can return this kindness later when you have the time. Talk about your school work with the people in the ashram. Through this sharing I often learned a great deal and got some excellent ideas for term papers.

2) DO NOT BE AFRAID TO SAY NO: As always, you must decide which task is most important. Many student-yogis make the drastic mistake of over-extending themselves. Set a time to assure your karma yoga is done. Then, if you are at a critical point in your studying and are asked to do some extra karma yoga, make it clear that you need the time for your school work work. Most often, the task can be done by someone else who has more time. Studying is a discipline which requires time; it is your responsibility to insure that you have enough time to do your work well.

3) AVOID ERRATIC EATING HABITS. At all costs, avoid eating junk food! It is a great temptation to go to the school cafe-

teria and buy (most likely) a donut and some coffee, especially when everyone else around is doing it. Unfortunately, however, the kick will be temporary and you will feel even more tired later on. The long-range detrimental effects of eating junk food are not worth the small boost of energy it gives you at the time.

4) STICK TO A REGULAR SCHEDULE. You may want to burn the midnight oil to crank out that last term paper, but staying up late at night makes morning sadhana very difficult. Once you acquire the habit of staying up late, you will have a feeling of continual tiredness. Instead, try to arrange your schedule so that that you can study in the morning in the extra time you have after sadhana, before school.

5) PLAN AHEAD. The schedule of ashram life does not allow for the erratic life of many students. Plan ahead so that you can get things done in time. Ask your professors for reading assignments, homework, and exam schedules so that you can space your work evenly throughout the term to avoid cramming at the end.

6) USE ALL TIME EFFICIENTLY. If you use the small bits and pieces of time you have during the day to do some studying, or a few problems, or some review, you will find that you can actually get a lot done. You may not be able to spend as much time relaxing as others, but you will find that, overall, you will feel more relaxed because you are accomplishing things in an orderly and efficient way.

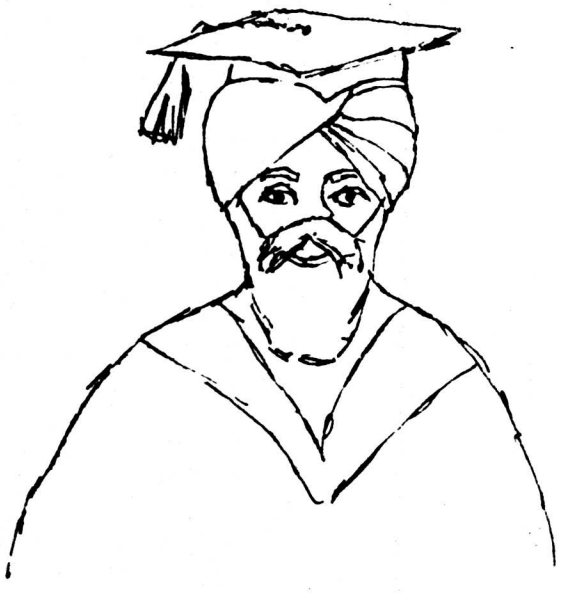
7) KEEP YOUR SENSE OF HUMOR! The whole idea of going to school and living in an ashram at the same time can seem ridiculous, which makes it an ideal situation for laughing. When I was living in the Pomona ashram last year, I made a sign for myself which said, "Studying is Sadhana." Your efforts in school are important and necessary and, although doing both studying and yoga may seem like an exasperating task, you will eventually become a very balanced being.

8) MAKE SURE YOU HAVE A PLACE TO WORK. For most people, studying is done best in a quiet, undisturbed place. Such a situation can be difficult to find in an ashram. If you have a room to study in, a discreet sign on the door making it clear that you are studying helps to remind others that you need the time for your school work. If there are many students in your ashram, you might be able to set aside a room specifically designated as a study room. If there is no place in the ashram for you to study, carrels usually are available at school or in the local library.

9) AVOID EATING DURING STUDY BREAKS. Digestion requires energy and, if you eat during study breaks you will find yourself feeling sluggish. Instead, try to drink yogi tea or ginger tea. I have found that it is very helpful to do some energizing physical activity, such as a good yoga set or dancing (ie. rocking out), during a study break, to get my mind off my work and to allow my body to relax. I come back to studying much more refreshed and alert. If there are several students in your ashram, you might try having study breaks together, in which time you could exchange a lot of ideas.

10) BE SURE TO PREPARE YOURSELF FOR SLEEP BEFORE GOING TO BED. Above all, you want to avoid dreaming about Plato's Meno or

the square root of 2! Try to go through a regular sequence of pre-sleep activities, perhaps taking a bath, or drinking some warm milk, or giving yourself a foot massage.



School is not a diversion; it is necessary karma yoga. Both studying and yoga are difficult disciplines and it takes a strong constancy to keep up in both at the same time. The important thing is not the specific grade that you receive; it is not your life but the courage you bring to it that matters.

You are undergoing a great test and you have an amazing opportunity to learn and grow. You have the chance to commit yourself to an important long-range task and to see that task completed.

MOTTOS FOR STUDENT-YOGIS: (suitable for posters or bumper stickers)

Studying is Sadhana

I get high on homework

Plato was a potent potato

God loves all His creatures, even bookworms

This is a test of your emergency broadcast system; remember, this is only a test

I'd rather write than ditch

Hooray for Hari Homework; up with Sat Nam Sliderule

Gurukirn Kaur Paul

A NUTRITIONAL NEBULA

by Yogi Bhajan - 6/21/73 (Day IV)
Summer Solstice, '73
(edited)

If you can write these recipes down it'll be fine. The first recipe is Ayurvedic: it is a most ancient recipe. People make it to get out of colds, get out of fevers, get out of a lot of nonsense which we call mucous. Chop raw onions. Did you know that one raw onion a day can keep you as long as you want to live? Are you aware of that fact? One raw onion a day can take care of man's every problem. One raw onion per day is equal to ten apples plus lots of zucchini. I'm not kidding! I'm just telling you exactly what it is. In Germany, they have opened a hospital where they admit a patient and feed him nothing but raw onions. Period. There's a guy in Philadelphia, he's 76 years old, he's still working. They are unable to retire him because he's so fit. They ask him what his secret is and he says, "I eat one raw onion a day." If you have the newspaper Realities, August, '72 issue, it will tell you that in Egyptian civilization, onions were worshipped on the altars as the food of God. People used to keep onions on the altar and pray, and then eat them. So don't bother about what's going on, but do take care of your health. So the recipe is: raw onions chopped, about a bucket. Let us use our measurements. Because I have a responsibility. I don't care if you learn yoga from me or not; I don't care about that. I don't care if you accept me as a teacher or not. I don't care if you love me or hate me, that doesn't mean a thing to me. All I care is that you should learn how to live as human beings in the future together and to take care of each other. So you must know how to survive as people. You know what I'm doing to you? One out of you may have to administer and arrange for thousands of people. Time will come. You will realize whether this training will be beneficial to you or not. You may be under environments that are hot or cold, or without water, or without something else... something like that. That can happen. So take a big bucket of chopped onions, and you know the server's spoon? Nine server's spoons of crushed red chilies and five handfuls of full red chilies. Then apple cider vinegar, five cups will do. You can add a little salt if you are crazy about salt, normally we don't add it. Add concentrated tamarind, two bottles. In case you don't get tamarind- but I don't know how organized you are- you can take half a bucket of lemon with the skin. Now they say there is DDT injected in them. I do not know, but I don't think it is possible to inject anything inside the skin. You can put anything on it, but you can wash it out. All citrus fruit is the same. You can polish it, you can put wax on it, you can do anything to it, but don't be a fanatic. You can't inject anything inside a citrus fruit. Try to

do it. It has a capacity of it's own. God is not as much of a nuisance as you think Him to be. I got a note one day. "Those peels are all potassium cyanide." We don't want to give it yo you, but I'll tell you one thing. You should just take the orange peels and put olive oil in it, put water in it, and live on it. OK? If you don't want them, then you don't want them. How much? As much as you can eat!

You know what I did? I went to teach at Davis University, and Ishwara was there. So I told Ishwara, "Give the oranges to people, and keep the peels and chop them real fine." What we used to do was to take the orange and clean it in hot water so the wax or whatever is all gone. There is nothing wrong with that orange, but just to satisfy anyone's ego, I don't want to run into any controversy. I love to eat it, and I will never die from that. So chop it up and add olive oil and water. And you may put a little tamari or something, and make a kind of vegetable. So I made that vegetable and I ate it. God! There is nothing in the whole stomach or intestinal tract which can remain, nothing! You can't imagine what it does to you! And if you sleep at night, bathroom door should be kept open. I'm telling you my experience. It's not some kind of joke, it's a fact. You will get up by nature's call. So don't worry. It will be in the very early hours. And you will hardly be able to run to the bathroom. That, my dears, is the beauty of olive oil and orange peels, very finely chopped up.

Now there is another way to do it. You can peel the orange, grapefruit, lemon, all citrus fruit. Because there's a white skin with that peel. That is the most priceless of priceless things. It exists only on two fruits: on the skin of a banana, which you throw away. Just take that string, peel it up and eat it. That is priceless! That has the capacity to balance all metals and vitamins in the body. What we used to do was take a spoon and take the peel of the banana and just peel the inside. It comes out to be about a quarter of a spoonful per banana. And we used to eat it; it's very healthy, very, very healthy. The white skin in the orange is a priceless thing, too. That's why it is very limited. So what we do is we chop them up and take onion, and put the onion in rice, put those chick peas in the rice, and if we really want to do a number on ourselves, we boil separately red chillies. Really boil them, and then we put that water in the rice. Then we put in some green vegetables and some sesame oil in that rice. A beautiful dish is prepared, and it is perfect. You can use it any time you like, or when you think there is no energy. You can get energy from ginseng, but that is very costly. And it's very hot; it's very stimulating. Anybody who takes ginseng must also take sufficient oil.

Now let me talk to those who are sophisticated people. Now fly-feather people can not take onions; it is very difficult. Isn't it? It is. You know, it bugs you. So do one thing. There's a method to make that dish. It is a very healthy dish. You should always take it in summer, you should always take it in sheer cold. Slice onions and spread those onion slices on a broiler plate. Ok? You get it. Alright. Now there are two possibilities: either you can put

a little ginger slice with it, or not. It is according to individual taste. And put cheddar cheese on it, and shove it in the broiler. Let it go beautifully. You know, until the top becomes red. Take it out and shove it in your mouth with your spoon, and what you call it? Your stick? Well, you don't know how to use the hands. So take your axe and shovels and put it in your mouth. You have forgotten how to eat with your hands. It is not civilized to give prana to the food with the hands? You know in Bengal, the richest Bengali, a millionaire Bengali, if you gave him rice and food to eat, and gave him a gold spoon and a gold fork and gold everything, and tell him to eat with them, you can have it; he will throw it in your face and start eating with his hands. They do not believe in food without hands. Scientifically they are right. You know this spoon and fork came from London. People never used to clean themselves for years. The coal miners in London were known not to wet their spine until death. Now from that culture we have learned? It is a nuisance, that is an ice cold country. It has three months only for a good season, and they live in clouds. They don't have New Mexico with them. They don't know what they are doing, but because they are the ones who found this land and they were the rulers, we have learned their civilization. And now it is out of fashion to eat with the hands.

Now your liver can get choked any time in your life. And there is a lot of propoganda going on. I'll tell you one thing. There is a daughter in my house here, Corinne. She has learned personally those dishes, and she makes many beautiful dishes. She's right here, so you can get a hold of her. You can catch her sometime, and ask her to give you all the recipes. She knows how to make them. I bug her all the time: "Do this, do that," and all that stuff. And she's beautiful. She chants so much on that food, you can't believe it. And she prepares it, and everytime she learns a new dish. This dish I'm talking to you about now is called "Vegetarian Steak." It is sweeter and tastier and better than any steak you have ever eaten. Take beets and slice them really beautiful. Now when you slice beets remember one thing. The outer skin of the beet is the protective skin and that you should not eat it. Lots of you do this mistake, I have seen it. They even do it to me sometimes. Nature has provided the outer skin to the beet for growth. They call it root skin. Root skin is not for men, human's can't eat it. The same thing with tomato skin. Tomato skin will surely come out of you, as you have put it in. So why you are going to put it in? That skin should be taken off by steaming it, not by peeling it. That way you can peel it easier.

So slice those beets, and when you have steamed them properly, take that thin skin on the outside away. Now spread these slices on a tin plate. And then melt cheese on it with a little bay and a little this and that. You know, you have got it. Lots of things...this seed, that seed. And just do it. And then sit down some time and eat it, and think of me.

There's a vegetarian hamburger. Take whole wheat bread and steamed zucchini, little beautiful zucchini, and after steaming it put all those spices in it. And then tuck it into that bread and melt cheddar cheese on it. And just eat it. Boy

oh boy, forget it. You will never like to eat anything else.

There's a most beautiful dish which I'd like to discuss with you today. And that is: make a homemade bread. When we make the dough, we put lot of onions and lot of chillies in it. And then shove it in the oven, and it will come out round, ok?

So what we do is we take eggplants, and we sautee them. Then we put them on a paper so that the oil can drain out, and they will remain as they are. And you can use garbanzo flour on them if you like. So if you roll them in garbanzo flour it is fine. If you don't like it, I don't want to make it a big thing for you. You just slice the eggplant and sautee it, and then put a little vegetable salt on those sauteed eggplant, and some herbs and spices. And then on that bun which is opened up with all those things tucked in, cover that with small pieces of cheese, and shove it in. And after a little time it will come out, and take your pestle and mortar and your axe; if you play your silly number you can eat it with that, otherwise break it like Jesus broke the bread, or your real Grandpa, Moses.

These are certain food recipes, and there are a lot more that Corinne knows that she can give to you, and you can really enjoy a good meal sometime.

Alright, I don't want to say it, but I have to say it. If you want to save your kidneys and you do not want stones in them, do not take brown rice. Now it'll shock you. Alright what happens is any rice you eat contains a minimum of four times its weight in water, and that water must be secreted from the body through the kidney's within one hour's time. That's a law of your body. So the problem is, you take brown rice and you cannot make it soft. If you really want to eat brown rice, you must take one part of brown rice and nine parts water and boil them 24 hours. I'm not kidding you. That brown rice will taste different than the brown rice you are used to eating. Rice should never be crunchy This is a first law. I am not a fool to get rice from the Northern Himalayas, the Basmati rice. I can't afford to give you that kind of rice. It is impossible to think of it, even for a minute. But Mexico has a rice. It is an unpolished rice. You can have that. But if you really want to have brown rice, and you don't want to mess up your kidneys, you must make the brown rice absolutely, totally soft. Later on, if you complain about it, pray to God. Nothing else can help you.

You know this Macrobiotic food. Now this is from Japan. Japanese rice is the best in the world. You cannot practice what is practiced in Japan over here. Japanese rice is such that even if you keep it in a double boiler, it immediately becomes rice. That rice is beautiful, but it is not available here. But how to tell you?

You know how we do it? We read a book. I'll tell you why I don't read books. Once I had a contract with a good publisher to send me the best book when it came out, before it was even on the market. One book I got was called Health Through Eating. And that was a beautiful book which told that without meat, one should not eat anything. It was about a 300 page book with a lot of illustrations from East, West, ancient times and now. After three months I got another book: Life to Live, which proved that without vegetables there is nothing to eat. And anybody who eats anything else is a nut.

Then came a third book: Health and Life. And that book said that without cereal there is nothing one should eat. I kept those three books and rang him up. I was so mad. I said, "From today on, never send me a book, even one that can save my life." I don't want to live under the garbage of other people. I'll eat everything which God has produced for man to eat in a reasonable way.

Now some people ask me why I don't eat meat, how I came to the realization that I shouldn't. I don't want my body to be acidic, and meat doesn't produce anything in the body which doesn't make the blood stream acidic. It is impossible for a person with an acidic blood stream to meditate, to think clearly, to act wisely. And to sum it up I say, "If you are to meet Him, don't eat meat." If you can only remember this one line. Kabir says it beautifully. Kabir says, "For this belly, which was only given to me to sustain life, why should I kill life. How can I if I have any reverence for my own life at all." And in the second stanza, he says, "O Lord, You gave me life. Please give me the wisdom never to kill life to feed myself." And I think he was a very honest man. If you can, save these birds and save this animal life on this earth. It was made by God to balance itself. You don't need dead flesh.

I don't want to tell you, but eggs raise the cholesterol in the blood stream so heavily that you require anywhere from 1000 to 4000 units of vitamin E later on to get rid of what you have done in the first stage. So just think about it.

I met a butcher who was 78 years old. He came to see me in Los Angeles. Perfectly healthy, to me he was a 32 year old boy. He came to me because he was having trouble with his wife. Naturally he should have trouble with his wife. If he is 78 years old, and his wife is five years younger, but he looks 32, naturally there will be trouble. So I asked him, "How do you keep your health fit?" He said, "Well, I'm a butcher by profession, but I never even smell meat, let alone eat it." I said, "Well, what have you been eating all your life?" He said, "You want to know truthfully what I eat? I eat all vegetables which have leaves, and I eat them vegetable and leaf both, plus two pieces of toast, and one steamed onion a day." I said, "Why don't you eat it raw?" He said, "Well, I never developed that habit." He couldn't eat it, or he was afraid to get that odor out.

Now there is another recipe which I am going to give you today. It is very good for certain basic reasons. It is good for when you want to eat, and you want to fill yourself up, but you don't want to get bugged also. Take one onion, 8 bulbs* of our wonderful garlic, and if it is a small avocado, two, if it is a big one, then one. Make a paste of it. Alright, understand it? Now take a tomato, put it in boiling water and skin it. Leave that skinned tomato as it is. Take a piece of bread, and put the piece of tomato over it like a rishi knot, and put all that avocado paste around it, and then cover the whole thing with a good kind of cheese, cheddar cheese or any other kind. And the top of the cheese must be browned. And eat it for the sake of taste. Tomato will not taste like a tomato, avocado will not taste like an avocado, bread will not taste like bread. It is a very fascinating way of eating garlic.

*Q: Do we use 8 bulbs, or eight cloves of garlic?

A: Cloves! Bulbs, God! 8 bulbs

of garlic will take you to heaven right away.

Q: I heard that garlic was hard on your stomach.

A: Garlic is not hard on anything except phoney friends.

* * * * * * *

By singing His praises your mind will be cleansed,
The all-consuming poison of pride will depart,
And you will live carefree in perfect peace.
Then cherish with every breath the Name of the Lord;
Give up all calculation, O my mind,
And seek the wealth of the Name in the company of the good.
So practice in the True trade, and gather the wealth of the Name:
You will find peace in this world and glory in the next.
Only a fortunate man is granted the vision
To see the One God pervading everywhere.

Think of the One God, and praise Him alone.
Him alone you should contemplate and yearn for.
Of Him alone, sing a million praises;
Him alone you should witness with your body and mind.
He Himself is One, absolutely One,
Filling every place with His perfect presence,
And issuing forth from Himself all things.
It is by worshipping the One that one washes off all sins.
When guided by the Guru he realizes the One,
And his body and mind are drenched in His love.

My wanderings are over; I come to seek shelter in Thee.
Prayeth Nanak: Attach me to Thy service O Lord.

Peace Lagoon

THE ELEPHANT MAN

A Book Review

by Gurucharan Singh

The grotesque, unusual and extreme often hold lessons for the average and commonplace. We go to mountain tops to view the valleys, we go into meditation to view ourselves. It is often only in war and crisis that we begin to understand the many dimensions of courage or hope. John Merrick, "the elephant man" is just such an extreme of humanity. His story urges us to ask about the source of strength in our lives. About courage, dignity, and the variety of human life. His story is aptly and minutely presented by the well-known writer Ashley Montagu in THE ELEPHANT MAN (1973, Ballantine).

Montagu's style is that of a compassionate reporter who neither exaggerates and plays on emotion nor takes a coldly logical stance as a defense for his own feelings. The book is not a novelette. It has the rough quality you find in a collection of research papers with a popular commentary added. His documentations and illustrations are evidence of extensive background accumulation and lend credence to all he says. If you read this book, read it not as a literary accomplishment but for the story and the self-examination it provokes.

John Merrick (1864-1890) had very few moments in his brief and agonizing 26 years when people did not stare, jeer and revile him. From birth on he was a victim of the genetic disorder called multiple neurofibromatosis. Usually this disorder appears as a build-up of small tumors in the nervous and fibrous tissues. About 1 in 3,000 births show some indication of this disorder. In Merrick's case he was heir to worst possibilities of this deforming genetic malfunction. Virtually every part of his body except his left shoulder was deformed as if by some malicious demon. The bones themselves in a cancerous effort to grow larger and give support for the burden he must carry through life became the burden themselves. Merrick's head was as large as his waist and completely deformed on the right side.His speech was rendered almost completely unintelligible by a bony proturbance from that side of his mouth. It was this vestigial "tusk" that an artist's imagination exaggerated in his drawings that earned him the name of elephant man. The cutaneous tissue was so full of tumors that he appeared to have huge cauliflower areas of skin hanging from his body. His right hand and arm, and his left foot and leg were completely useless and clubbed. An early case of T.B. virus had destroyed his left hip joint.

This scarred ash of a man showed a collection of qualities that make these physical vituperations almost sweet and at least wonderous. He was intelligent, artistic, sensitive and loved people with no sign of malice or bitterness for his condition!

The Creator provided John with a sharp intellect and a full soul completely constrained in a body of unbaked, ill-formed clay. By all expectations he should have been bitter or deranged. Why was he different? What gave him his strength? This becomes the central theme of the book. Did the genes that rendered him a hobbling excrescence also give him a divine strength, or was his environment the key?

If we investigate his background we can formulate a theory. At his birth he would be only slightly mishapen. Evidence says that although he did not know his father, his mother was totally affectionate and gave him care and protection. But due to circumstances he was placed in a "work house" by age 5 and for ten years he earned his way by slave-like labor. He was rejected, and treated like an animal. As the deformity progressed he was forced from the house and taken up by a side-show promoter. For the next eight years he was forced to stand naked before thousands of cold aghast faces. He was shifted from town to town and country to country with minimal bedding and no friends. His only escape was to walk at night wearing a long coat that reached to the ground and a stupendous hat with a veil that covered his head entirely except for the left eye. No one ever smiled at him. He was never even touched by a woman. Because of poor care his smell preceded him and announced his sulking presence a block ahead. His only wish was obscurity, but never death. With all his lot Merrick loved life!

Finally the authorities of all countries banned his commercial display as inhumane. He was abandoned by his manager in a train station with no where to go. But fate hadn't abandoned him. A medical card he had in his coat sent him to the care of Dr. Treves, a humanist who once examined him as a specimen for the London Hospital. This was the beginning of the brightest part of his life.

Dr. Treves was exceptional in any society or time. John Merrick was given a room, food, and every attempt to educate him was made. He was a voracious reader of novels, a keen observer of behavior and loved to murmur his own form of speech from his flap-like lips. Treves spent enough time with him to learn his language and communicate. Then he had ladies of the court and the Queen herself come to see this "phenomenon" on the condition that each lady smile when they saw John and affectionately shake his hand. Many ladies left beautiful, signed pictures of themselves for John. He had an array that would be the envy of any feminine observer. To all these he added a small picture he claimed was of his mother.

After this he blossomed in friendliness and acceptance of himself. Treves gave him carefull managed opportunities to see plays the city, and above all the woods. In the solitude of the arboreal acreage where the healing green of the trees protected him from th eyes of millions he was able to feel truly free and follow his childlike fantasies and bursting curiosity for the first time. After this he began making models of churches and buildings that are so artistic and imaginative that the hospital has preserved their display to this day.

His death came unexpectedly near his 26th birthday. Normally he slept sitting up with the enormous weight of his head on his knees. This night, possibly in an attempt to sleep like other he lay on his back to rest. But he was not like others. The weig

of his skull slipped the atlas vertebra and severed his spinal cord so mercifully that his bed sheets were not even ruffled.

Where then came his strength and force of life? How could he be such an inspiration to those around him in his last 3 1/2 years? The answer does not seem to be mainly genetic. We cannot deny some genetic involvement that allowed his intelligence to accompany his form. But two main facts discount this as a sufficient expanation. Many studies on twins show that although their life cycles may be very similar their attitudes toward their experiences are often opposites. The second consideration is a comparison of John with other cases of people with intelligence (good genetics) but deformities. These comparitive cases must also have some fame or notoriety to have any illuminating potential.A brief scan of history shows that Sinclair Lewis and Remy de Gourmont both suffered from extreme facial skin disorders. Lewis solved his problem by alcoholism and a volatile irritability at the world. Remy isolated himself in his chambers. The famous dwarf-artist Toulouse Lautrec mechanically performed increasingly self-destructive acts leading to his death.

The example Montagu examines is the well-known case of the exceptional poet Alexander Pope. Pope was sickly, dwarfed and hunchbacked. He too was subjected to ridicule and cruelty But his sensitivity was noted early in life. Special tutors were assigned him. His wealthy family gave him every material support. The poetry he wrote brought him recognition and wealth. And yet with each passing year his writing, conversation and behavior became more vicious, barbed, and contemptuous. Every word he exchanged over tea was to praise himself, debase his guest, or damn the world. He was a mental corpse raging at the smell of the world which actually flowed from himself like an endless stream of malice.

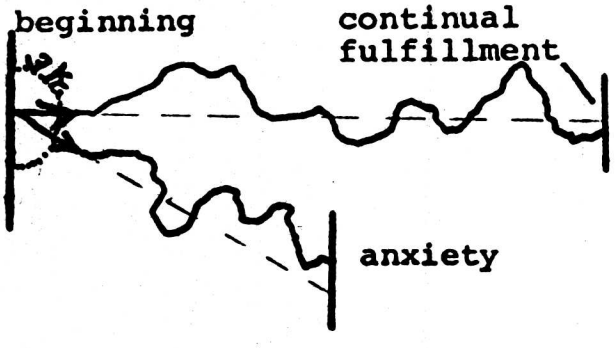
What forged the vast difference in the personalities? The material condition is not the key. Many had better than Merrick yet lacked his exuberance for life and the radiance that encompassed you from his one good eye. The attitudes that blossomed in the last years of his hospital care existed all along. When was the seed planted?

All avenues of approach point to the first four years of his life. In that time his mother was constantly his protector. She sincerely loved this wiggle of creation as her own. He lacked not for food, attention or (from what we piece together) discipline. The few years that started his life on this planet served to direct him through all the remaining years of strife. The mother's care planted a seed of love, of caring, of giving so deep that not even the storms of man's inhumanity and ignorance could wash it away. In contrast, Pope's first years were not this way. He was rejected by his mother as an unsightly problem, particularly because of her society friends. It was only later after some signs of precociousness that her early shock wore off and allowed proper care to commence.

The story leaves me with a clear lesson: that the first three years of a child's life determine as much of our destiny, if not more, than genes and circumstance together. If a child is given the experience of complete security in the beginning of his world, he can not help but receive it until the end. If the child is given the thought

of God or his infinite self while young, he will search himself until that source of consciousness is tapped. It is in these crucial days that a mother can give her child the potential of real courage in his life.

Imagine a diagram representing your path through life. You begin as a "bindu" or point that represents your birth. In the first three years a direction must be confirmed. If a line from your birth point represents your path in life you can see that a small change in your initial direction makes a change in later life. In the beginning all lives are within the small three year circle quite close to each other. Even John Merrick was like other babies, all wrinkled, anxious and new. But the direction we are sent on represents security and habit to us. So we never usually stray far from that main path even though events in our life may influence us and make the path seem jagged and indirect.



In the elephant man's story, we see that the courage of a man can transcend the most unusual fate; that the goodness given a child lasts beyond the act itself into the future; and that the gracefulness of a soul can not be hidden by even the most gross exterior, if once recognized by a mother.

WOMEN LECTURE II
by Yogi Bhajan

March, 1973 (edited)

Tonight we are going to talk about the lady and her care after menstruation and childbirth. It is a great misunderstanding for most women of the Western world that when they go through the cycle of menstruation they think they can do what they want to do. It is such an unfortunate idea. I do not know who gave it to them or how they picked it up. But if we can psychologically look at it, it is just the idea that "I am equal; he is equal; everybody is equal."

Actually, the navel point controls the rhythm of a woman more accurately than that of a man. Man has a double stress nerve between the meso-center, the ecto-center and the navel point, whereas the woman does not. When you are menstruating, and your cycle is not 28 days 6 hours, which is the moon cycle, it is an indication that you are in trouble.

If you want to get sick, I can tell you certain things to do, and there's no way you can get out of it. During menstruation, carry a heavy thing on one side only, say either on the left or the right. This will displace the navel point. That's all you need to do. Take a cold-water shower, sit in such a posture that air can go through the uterus, or just overeat. In those four days of menstruation, if you overeat and do not take care during the day before your menstruation is to start and the day before it is to end you'll be fixed. Your period is to be ended with food that has magnesium and calcium. If you take a lot of antibiotics, the bacteria in the uterus also die, not only those in the colon. You have to eat acidopholous for the colon and have an acidopholous douche for the uterus as well.

There's a very great sickness in America. And I have learned that in India, where there are more people than you can think of, they don't have it. They call it fungus. Every girl gets it; I don't know from where. Normally you get it from a bathroom, if there's no other reason. Once you get it cleared by the antibiotic drugs, still you have to immediately take acidopholous to restore the bacteria in the colon. Then, late at night, when you are not menstruating and it is not a possibility that you will, you should have an acidopholous douche. Leave it overnight, and by the next morning, God willing, you'll be alright. Then rest for two days, then do it again. Do this three times; it will take care of it.

Whenever a woman gives birth to a child, her uterus expands to more than any limit in the imagination. We all know about that. But to restore it back, there's no knowledge. Normally, when a child takes birth in India, for 40 days we do not let the woman do any heavy work. We ask her to rest and restore herself. We sauté the almonds, unpeeled

almonds, fresh almonds with the skin on, in a ghee, and give it to her. Then we give her yogi tea with honey and milk, as much as she can drink. The idea is the entire system in the body has expanded. Now the child is out and the system wants to go back to normalcy. And within 40 days we want to restore it.

In India, if a woman is very weak, and she doesn't sleep sometime at night, then they give her Dr.'s Brandy. It is 100 proof. It is a very pure medicine, not considered for drinking. If Dr.'s Brandy is not available, then you have to get A Chatri. It is a salt-weakened brandy; it is also 100 proof. This is the recipe they use: take about half an ounce of Dr.'s Brandy, and add it to eight ounces of simple fresh milk that should be warm, not cold. Then put two to four spoons of honey in it. After adding that, you take peeled almonds (you know, these are almonds we soak at night and peel in the morning so they are white) and put them all in a blender. In India we mix it in a pestle; but it takes a long time. Blender is beautiful here. Now all those almonds get into it, quite a bit, say 10, 15, like that, and then we give her that at night. When she gets up in the morning, she brushes her teeth and does the whole thing. Perfect. Then we again take milk and make almond milk, with the milk instead of water: we just put almonds and milk in it. Then we add honey, and we put in one to two ounces of pure ghee, that is clarified butter. Ghee has no cholesterol in it and is very beautiful. We give her one to two ounces of it each of these 40 days. You'll be surprised.She'll become as virgin as she was. That's never a problem. After that, when 40 days are over and she's nursing the baby, we wait for another 10 days. Then she gets hot water, reasonably warm, and alum and glycerine. She douches the organs with it. One day she uses this mixture, the next day she does with acidopholou

You need not spend money on acidopholous at all. Should I tell you what is acidopholous? Make at home a yogurt. Take it out of the container. Leave it out for a couple of days. After two, three days it will go sour. That's acidopholous. It costs nothing. This acidopholous is so powerful that in India, when somebody gets alcoholic, and they overdrink and cause a lot of pain and trouble, and they freak out on booze; do you know what we do? We force-feed them this very very sour yogurt. They call it kutti lassi. They keep it in almost all houses for certain emergencies, and by the next morning it is alright. It is a beautiful thing.

If you have a nose-bleed or your ears are doing "Shhhhhh" all the time....in those kind of situations, take a yogurt. Keep it out. Let it go sour for a week or so. Then take the water out, but not the other stuff. Just take the water softly out, put it in a glass and drink it. See what a miracle that does. You can't even believe it.

Man has a lot of trouble from his colon, and acidopholous is one thing which can keep the colon healthy. It means "old yogurt." If you really want to reduce weight sometime, and you are not an abnormal fanatic person, start making homemade yogurt and keep it for a couple of days. Start drinking the water out of it. You know, when you keep the yogurt for a couple of days, it leaves water. Have you seen that

Pour that water out, filter it, and start drinking that. You only live if the liver lives. To clean the liver is one of the most practical things you can do. You know what they do in India when your eyes get pale, and you get that really terrible disease, jaundice? When you get any kind of jaundice they give you this water from the old yogurt. They keep on giving it. In one week your eyes will be clear, you'll be all right to start walking.

Even if you have learned to take yogi tea, and you have learned to take this kutti lassi there's still another problem. When you ladies get to childbirth, after about three months, your stool becomes sticky. I don't know whether you watch yourself or not, but it is a natural phenomena. You get into affairs when the intestine gets to the old rational thing, and all that inside is a lot of trouble. And you get into the whole problem. The best laxative a woman should use is known as Isbgole;with hot milk is the best. These are seeds. They're available in all Indian stores. You can get them. And the beauty of that laxative is you take a handful of it and pop it in your mouth. It won't go in if you don't take water with it. When it goes in the stomach, it bloats it. So you have to take only that much which will just fit in the stomach. If you take too much you'll blow up! Then your insides start working in and out; it's like small ants are working in your stomach.

In the morning, if you feel the call of nature, don't wait. Run! Because it's going to come out like a gunshot. But surprisingly, you'll be totally cleaned out. The colon will be totally cleaned out; intestinal tract will be totally cleaned out, because wherever there is anything, it will push it out. It is natural, organic, unsynthetic, and there's no problem about it. It gives energy; it's a protein. In those seeds are special oils which give a lot of energy to the digestive system of the human body. So it is very essential for the ladies to eat that. You have to check up the English name of it from any Indian.

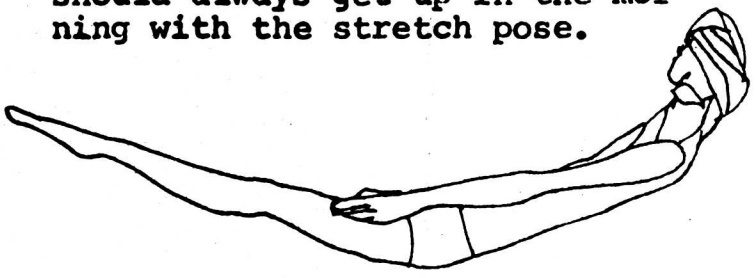
During those 40 days you have to eat another thing made with milk. We call it sagu bean, it is a white thing. You put it in the milk and make a kind of pudding, milk pudding with it. It's very tasty with honey. You eat it; it's a pre-digested food that gives you a lot of protein and heals the inner organs of the body. And it's a very good laxative.

Every woman should understand one thing. She should ask her husband to put his hands like this (see below) and check all the way the navel point.

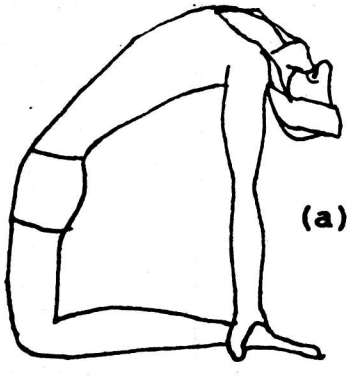
If the navel point is out, you're in trouble. Moment the navel point is out of center your menstruation cannot be right. And whenever you have physical intercourse, you cannot have a release, period! You may try,

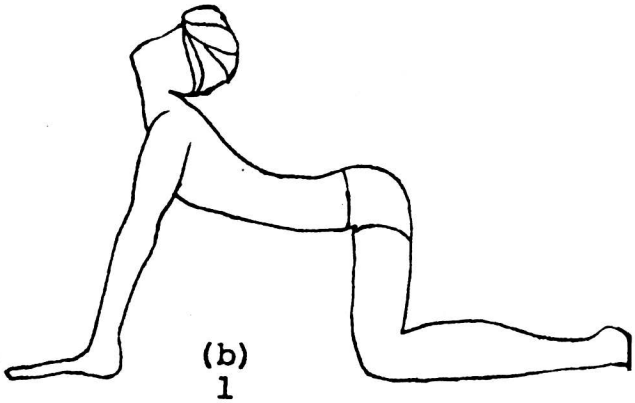
as sexually aroused as you want to be, the intercourse doesn't mean a thing to you. All efforts will fail; at the nick of time you will not get an orgasm if the navel point is out of balance.

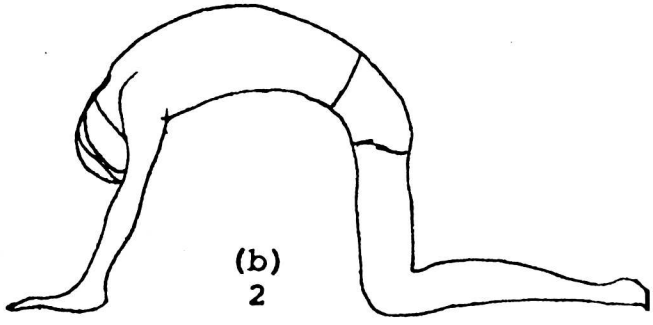
So first of all, to bring the navel point into balance, you should always get up in the morning with the stretch pose.



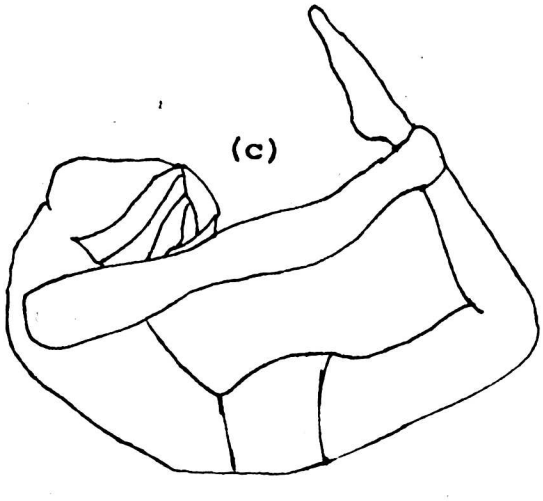
That is, raise your heels about six to nine inches from the ground, your hands straight and your head also the same way. Your eyes should look at the tip of the toes. When you do that, your navel point will start shaking. It vibrates. Let it vibrate to the maximum you can hold. Then you relax. Relax for five minutes, and then you can have somebody check it out, and you will immediately find if it is in position or not. But if it is not, then you can go do the camel pose.(a). If that doesn't work, then you have to do cow and cat pose (b). If that does not work, you have to do the bow pose (c). And if that does not work, find out where Yogi Bhajan is and go and have it set. Then there's no way out.



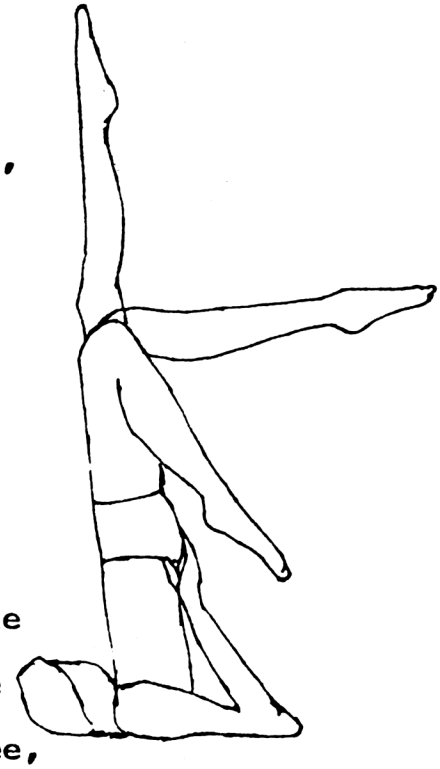




In some of the cases I've seen there's a half an inch to a one inch and a half difference. Your navel point has gone so off, and your body is so diagonal it is unbelievable. And it's very important. But I know if you always get into that stretch pose you will never have this trouble. And it's very important!



Alright, now I come to the crucial point. Ladies, you have got one problem. You should not get up from bed without massaging your breasts. How many of you know that this has to be done? This is the only area where the nerve point of the life nerve, of the ida and pingala passes very near, and if you take your hands in this way in the morning, and massage this area for a couple of minutes, you'll be very healthy and energetic. It's the Grace of God to you; it's a privilege which man doesn't have. The buttocks of the man and the breast of the woman is the same for this. A man cannot massage his buttocks. You know what they have to do? They have to get into shoulder stand and lick their buttocks. That is equal to your massaging the breast. I am saying when you get up it is the beginning, the first exercise.



When you give birth to a child, you are not supposed to have any food which is cold, like any sherbet, ice cream, or that kind of jazz. You should have good, healthy food.

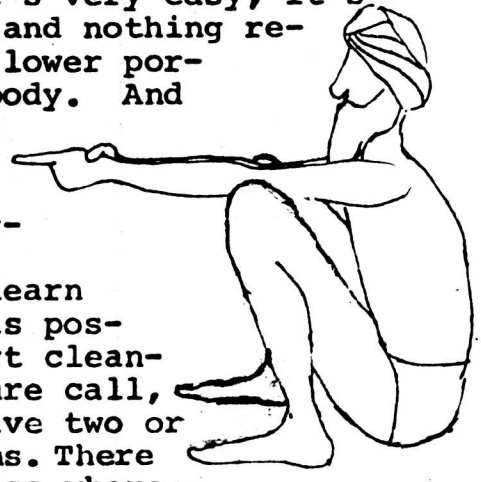
But in certain cases, if you have given birth to a child, and you are in a very great difficulty in that you're finding chills coming to you, take black pepper and onions. Saute the onions into the pure clarified ghee, and add in ginger. Now medical science will tell you to never take ginger, but when their wives get sick, they give it. I know that. Saute the onions, ginger and garlic. It is known as trinity roots. And when you saute them, so the onions become brown, and the ginger becomes OK, and all that stuff, and garlic also, then you pour black pepper, fresh ground black pepper over it. Then it is done. When it is done that way, then take it out. Take out the ghee. Separate it. Then you make a kitchuri. Kitchuri is when pulses (mung beans) and rice are mixed with nine times water, and it's cooked. Then it becomes kitchuri. In that kitchuri, you have to mix the ghee and all that stuff. Then it's prepared and you have to eat it. During the menstruation, any woman who will eat that will never have a problem. When you'll be 41, 51 and menopause happens to you, then you know you are a woman. Before that you don't care.

Now, there is another problem with ladies in America, I have found in this country. You don't, after going to the call of nature clean yourself properly. You are really, really ugly. Because I talked to so many gynecologists, and they say that 90% of the sickness of the woman is because of that fact. And I know that is true, too. I'm not suggesting anything when I tell you a very simple way to do it. Take the paper, you know, every bathroom has a paper. Make a pad with it, just a couple of rolls on your hand, and soak it with hot water which you can tolerate, and clean the whole area. And don't worry about the paper. If you are a guest, someone will provide it, if you are at your own house you can buy it. The paper comes totally clean and

white. This dry cleaning you do with that paper, it leaves the stool and sometimes that stool walks into the vagina mouth, and those germs give you a kind of sickness for which you go through unnecessary $50-$100 expenses with the gynecologist for nothing. It's a very common disease; almost every girl gets it. That area should be totally clean.

I don't know whether you know how to use water or not, but in our 3HO we always advise people to squat on the seat. They have all learned it. And then you can take a cup-like thing which has a spout and is filled with water. Use that water and clean yourself out. They all do it, you learn it, too. If you just sit, I mean squat on that seat, you can do one thing. You can take that American seat and put a wooden stand with it, so that there may not be any chance of falling. Use something strong. It can fit in the regular toilet and can be taken away, but it will be very comfortable for you to do it this way.

This is the pose; this is how you clear your bowels: in the crow pose. It's very easy, it's very natural and nothing remains in the lower portion of the body. And the feeling is that you have completely cleared yourself.



Once you learn to sit in this posture and start cleaning your nature call, you'll not have two or three problems. There is one sickness where the lower area of the body remains very heavy. That will go away. And you can be in a position to clean that area very properly.

There is another problem. You don't oil that area. The best oil you can have is sandal oil mixed with almond oil. After a bath, you must use the oil between the legs on the hair in that area, because you release a certain kind of acid in your sweat when you walk. The glands there release a certain acidity which can be very irritating and very sickening sometimes. So just guard that area.

And also the disease known as fistula. It is a kind of little hole which sends puss out all the time. This also happens when that area is unclean. You get that from that. And that is such a nonsense disease. Without an operation there is no way out, and every three years you have to go for the same operation. Finally you die with it. A lot of people are sick in this country because of that. If you can avoid that, it will be our pleasure.

There is an exercise for the hair. Take almond oil in a small bottle, mixed with an ounce of sandalwood oil. We'd like you to experiment on yourself and what it does to you. Sandalwood oil has a very special God-given property in it, and when you really massage it in a certain way, and go through it, and then clean the hair in a certain manner; see what it does. It is quite an experiment, worth doing.

Everybody wants to be healthy in this country. But why are they so messy? For your face, which you love very much, just take yogurt and honey. When you are pregnant for the first time you get stretch marks. You know what happens to you? You stretch that area, and it becomes like you have got so many stitches and all that stuff. Alright, you know that. So you take lemon, honey and yogurt and make a kind

of paste out of it, and take a bath with it, especially the belly area where the baby grows, and also the skin, face skin, to make it beautiful. I'm not against make-up, but make-ups are very sickening. They don't add any beauty to you. So what kind of camouflage you are putting on your face for nothing? If you do not have rosy cheeks, forget it. By putting on rose color, will that make it rosy? Do you want to hide your tuberculosis condition by putting rose color on it, and powder on it, and all that stuff. Be healthy! Start doing certain exercises. Your lips should be red; that's very important. Lipstick won't do it. Lipsticks spoil the color, the natural, beautiful color of your lips. But if you just want them to be very red and very beautiful, there's a way to do it. Don't have that fashion which is sickening. You can take honey and butter, almond butter? It's all your own formula....honey, almond butter and lemon, fresh. Make a paste of it and rub it all over your lips and cheeks. Let it stay there for a couple of minutes, then take warm water and clean it out. You will get the best of the lot.

When your hands are very bad, and you do dishes, and you buy all kinds of lotions - stop it! They don't work. Take milk and rub your hands in that quite a while, and after that, when you wash your hands with milk, take a warm, warm water and put lemon in it, and wash your hands with that. And clean it with warm water, and put in a milk bath again, and then clean it. You'll have hands as soft as possible. And if you really want to have very soft hands, so that your touch looks like butter, at night massage your hands quite a bit with almond oil, and tie very softly some kind of cotton cloth and put gloves on it. Sleep. In the morning, get up, take hot water and just clean it. Clean it well, don't use soap at all. In a couple of days you will have the best hands: soft and beautiful.

If your feet are really, really rough, like a donkey's hooves and you have crooked toes and all that. I know that's what you have. That's why you always keep them under socks. Otherwise the feet are beautiful, so what is that stone you have got? Pumice stone? And one day sit down and thank God, and slowly and gradually remove all that stuff. You've got to get out of it, because under the callous if the crystal forms, that organ of the body will never get a blood supply, and you will die of that sickness. Nothing can save you. Whether you belong to 3HO or not doesn't mean a thing, but that callous must go. So slowly and gradually get rid of those callouses, totally and completely. And every night, wash your feet with cold water first, and then have a hot water tray and put your feet into it for a couple of minutes. A lot of blood will go there. Then massage your feet with almond oil and put cotton around them. Then put a big sock, Santa Claus socks over that and sleep. In a couple of days you will find your feet perfect. In the morning, wash them in warm water.

We have given you in Beads of Truth exercises for the ladies who are pregnant, but one of the best exercises a lady can do is after four months of pregnancy is to walk for five miles a day. She must walk five miles a day! And don't forget, after the birth of the child you must take as much yogi tea as possible. Yogi tea is not the formula you have.

Yogi tea always gets milk in it; it is not the tea you like. Make yogi tea with all those ingredients and then boil milk in it and add honey. Most of you do not put milk in it. That is very unfair. This is the formula:

YOGI TEA

For each 8 oz. cup, start with 10 oz. of water. Make at least 4 cups at one time. The measurements can vary according to your taste. Be sure not to put in too much cloves or cinnamon. This is Yogi Bhajan's original recipe*

To each cup of boiling water add:
- 3 whole cloves, see them dance!
- 4 whole green cardomom pods
- 4 whole black peppercorns
- 1/2 stick cinnamon

Continue boiling for 10-15 minutes, then add:
- (per cup) 1/4 tsp. any black tea. Let it sit for a minute or two and add: approximately 1/2 cup cold dairy milk per cup of liquid and bring back up to a boil. Be careful that it does not boil over. When it reaches the boiling point, remove immediately from heat. Strain and serve with honey to taste (usually about 1 Tbsp. per cup).

*© 1969 by Yogi Bhajan
reprinted from Beads of Truth
June, 1973

Most of the mothers who are nursing their children should also supplement the children with almond milk. Sometimes mother's milk is not as healthy and doesn't have those kind of requirements which the child needs immediately. So it is much better that you should give as much milk as you can. But at one time at least nurse him on almond milk.

Almond milk is made with about four to six almonds that are soaked at night. Peel them in the morning, blend them, and put about two spoons of honey in six to eight ounces of water with the almond powder. Almond milk is ready. Then filter it. A perfect white stuff.

When the child is over a year, give him wheat milk. It is very essential for childrens' growth. Soak wheat at night, clean it out in the morning. See that there are no stones or anything like that in it. Put a handful of that into a blender, put honey in it and blend it in a little water. When it is all blended with six to eight ounces of water, then filter it. You have an absolutely white, fresh feast. Child will be very happy, and very healthy.

Sometime, whether you have ear trouble or not, take onion water through a filter and warm it. It can be warmed like this: take a spoon. Put it in the boiling water, and soon the spoon becomes hot. In that spoon put the onion juice. It will be warmed sufficiently. Put it in both your ears, and then plug it up with cotton at night. In the morning you get up, and your wax will always continually come out. It never collects; you never have any kind of trouble. In case of emergency, when you have ear trouble, if you put that juice in there it will help immediately.

If you ever get diarrhea, which you normally get, take a cup of

onion juice. Make a cup of good mint tea. Mix them together and drink. After two hours you should be O.K.

If you are very badly constipated and you do not know what to do, take onions. Boil them, eat them, and you'll have a very, very good 1-2-3! If you just really want to do a benefit to yourself take beets. Steam them real soft. Beets have an outside skin, which is about one millimeter thick and hard. Take that off, and then blend those beets, so like a mashed potato you make a big thing out of it. Alright. Now that is ready for you, right? Take cardomom, put cardomom on it, put a reasonable quantity of salt if you want, and then just eat it, as much as you can, with no limit. Next morning, and if not the next evening you will be front, back, all bleeding, but don't worry about it, it is all beets. Your urine will be like a blood color, stool will be blood color, and it is perfect. And if you can do it for three days in a month, you can never have one problem from your liver.

Sometimes it is a habit with people to be mucousy; they can't get rid of it. For those people, take beets and carrots. Totally steam and mash them together. If you eat them at night, before the sunset for about 15 days, you will rid of mucous.

Do we have anybody who has got a question to ask?

Q: You told me to eat a lot of curry, and at a Grace of God meeting it was said that hot food was really bad if you're nursing. I was just wondering if normally we shouldn't eat hot food?

A: No, no, no. Normally we don't suggest to anybody that is nursing a child, that she should have a lot of spices. But in certain cases we do suggest it. That's a particular case. Particular case should not be made general, and general should not be made particular.

Q: How did you say to locate the navel point?

A: Oh, wherever there's the navel point (belly button), you know, you go all the way deep, and if the person is relaxed you'll find the strength of the pulse underneath. It should be right in the center. You may not know how to adjust it, but you always know that it is in the center of it.

Q: Yogi-ji, can you say anything about women in labor? Is there any special massages or anything that can help?

A: Well, there is no problem if you have done the breath of fire for the first four months, and when you are coming in labor if you have fortunately learned to do Sat Kriya, and when the child is to get birth you start doing Sat Kriya, you'll get him out in one minute. He will be out without any crying, or you know, in a couple of minutes he will relax out of it.

Q: Should your stools float or sink?

A: They should float. Residue is always lighter than the water. If the stool sinks, you are sinking. Immediately, when you know your stool is sinking, stop eating. That is an immediate warning. Go on a self-digestive food like mung beans and rice or steamed vegetables. Stay on it until it starts floating. All I say is remember, when your stool is sinking, you are sinking. It means the digestive system has not digested it, and all it has done is gobble-gobble-gobble and out. That day, you might have spent seven dollars on a dinner. Seven dollars are wasted, plus the tip. It means nothing has digested.

CAFFEINE

by Gurucharan Singh

Why even bother to read about coffee, tea and colas, let alone bother to avoid them in our diets? Could 200 million Americans be wrong? The last time I went to a restaurant, my cup was filled with black steaming coffee before I could even motion a "NO." Wherever you go it is assumed that you drink some form of coffee or tea. This provoked my curiosity. How much do we really use, is it as healthy, refreshing and tasty as it is made to seem? Coffee is so popular that eight out of ten adult Americans drink it daily. More surprising than that is that one in five children also drink it. We drink more than a billion gallons more coffee than milk annually. The runner up in consumption is soft drink colas. If you question your friends about what is in these basic staples of our diet it is surprising how few ever checked.

If coffee, tea and colas do have harmful effects, then as a country we are doing ourselves an enormous amount of harm that we should be aware of.

BEAN, BAG AND BOTTLE

What goes into the bean, bag and bottle? The main active ingredient to be concerned with is caffeine. Coffee and tea both come from the group of plants which contain a family of alkaloid poisons called Xanthines.

Caffeine from coffee and theophyllin from tea are both Xanthines whose effects are essentially the same. So in the following discussions I will use caffeine as the example, but the same remarks hold to a greater or lesser degree for the whole family of Xanthines, and coffee, tea and cola drinks.

Most of you already know that caffeine is the main component of coffee and tea. You may be surprised to find it is the main ingredient in colas. If you pick up an average popular cola in a market you will not see all the ingredients listed. If you call the factory where it is made you will only receive assurance that there are many competitors who would like the guarded formula of ingredients to imitate their delicious product. If you then go to the FDA you will still not find all the ingredients, particularly not for individual brands. The problem is in the law. Any drink which is sold as a "cola" or a "pepper" must contain caffeine within certain limits. If you put either of these names on a product that has little or no caffeine, the label must specifically tell you so. The maximum allowed in a 12 ounce bottle is 72 mg. If you research further, the average cola contains some proportions of the following: water, caffeine, phophoric acid, lactic acid, sugar, alcohol,

caramel, lime, glycerin, monosodium glutamate, artificial flavorings and color. According to FDA standards, bottlers are free to add caffeine beyond the normal amount up to .02% of the fluid weight if the cola caffeine content is insufficient to provide the desired "lift" and the wish to "come back for more."

Every 24 hours Americans use about 50 tons of caffeine in beverages. To see where it all comes from, I drew up the following table of average caffeine content in different drinks.

WHAT DOES IT REALLY DO?

If you took pure caffeine and injected a drop into a small animal's skin, he would waver and quiver and in a few minutes fall over near death! One study shows that caffeine applied to muscle tissue in very small amounts aids contraction. In slightly larger concentrations it can result in spasm and temporary paralysis. The caffeine apparently antagonizes an enzyme that inactivates the contraction of myo-fibrils in our muscles. If you bypass the local muscles and apply a small amount to the brain, your body would tremor, then go into convulsions.

But all these effects are from pure caffeine. When you drink a cup of coffee or cola you don't spasm, you feel good. For this you can thank the efficiency of your kidneys' cleansing system. You produce more than twice as

CAFFEINE CONTENT

BEVERAGE	CAFFEINE MG/fluid ounce	MG/serving
Coffee	18.0	125-150 per cup
Tea (strong)	18.0	125-150 per cup
Tea (weak)	12.0-15.0	75-11 per cup
Decaffeinated Coffee	2.0-4.0	12-25 per cup
Instant Coffee	6.0-12.0	35-75 per cup
*Coca Cola	4.6	55 per 12 oz.
R.C.Cola	3.5	42 per ;2 oz.
Pepsi	3.0	36 per 12 oz.
Hershey Bar	18.0	25 per 1 3/8 oz.
Nestles Bar	15.0	20 per 1 3/8 oz.

* The figures for unbottled colas may be quite a bit higher as there is no limit given for them.

much urine to flush the xanthine compounds out of your body! When you swallow a cup of coffee the temperature in the stomach goes up 15 degrees, there is an increase of up to 400% in stomach acid secretion, your heart speeds up by 15-20 beats, the lungs work 13-15% harder, the blood vessels in your brain get narrower, and your overall metabolism goes up 15-25%. Quite a work-out from one cup.

You may object that even a sneeze is a hurricane if you think small enough. So let's look at several effects in more detail.

1) STIMULATION OF THE CENTRAL NERVOUS SYSTEM:
For the normal functioning of the central nervous system, a balance in the triggering of electrical impulses across the synapses of the nerves must be maintained. The impulses are triggered by the chemical acetylcholine. An enzyme called cholinesterase opposes the action of acetylcholine to insure that the nervous system, particularly in the cortex, does not get overexcited. It has been demonstrated in various studies that caffeine inactivates cholinesterase. This is why when you first take in a cup of coffee or cola you get a lift, exhilatation and excitation. If you test yourself then you may notice a sense of mental clarity, alertness well-being, and you may even perform better on certain manual tests. There will be short-lived but invigorating energy which rushes to your entire system. But energy must come from someplace. Caffeine itself has no caloric or food value. The energy you feel must come from the emergency reserve system of your own body. The adrenal glands, for example, secrete larger amounts of adrenalin. Since the caffeine does not replace the energy or give the body any means to balance or regenerate its own energy, the effect is depression following the brief exhilaration. In order to avoid this unpleasant feeling which lasts considerably longer than the former, you will of course have another cup of coffee or cola.

Besides this direct interference with the constant energy supply to your body, the central nervous system is responsible for coordination, memory, and perception. A research project was designed to test how well the performance of a previously learned motor skill would be effected by caffeine in doses commonly taken. It was shown that the task was usually accomplished more quickly but with fewer perfect scores and far more errors than before. More significant was the finding that the new level of errors was maintained for almost four days after the original test! So caffeine definitely impairs that part of the central nervous system responsible for the carrying out of precision tasks.

In a society which is already overly nervous, and which has forgotten the art of relaxation, caffeine drinks seem to be an unnecessary hazard.

2) EFFECTS ON THE HEART AND CIRCULATION: The effects on the circulation and heart fall into two categories; mechanical and chemical. Mechanically, the heart is hard pressed in two opposing directions.

Locally, the effect of the caffeine is to stimulate heart action by speeding it's beat. This may actually benefit someone who has sluggish circulation. But as the caffeine rises the principle brain center for slowing the heart is activated. The argument between the local heart muscles and the central governing area in the brain produces stress in the nerves and can lead to arrhythmia and irregularity of the heart action.

Chemically, the stress adds more adrenalin to the blood which releases bound fats into free fatty acids and raises the cholesterol content. The more starch in the diet, the more the cholesterol and phospholipides increase. Both of these are chemically linked with poor heart condition. A Framingham study on coronary heart disease showed that coffee drinkers increase their risk of coronary heart disease and thrombosis by 35% over non-coffee drinkers. Similar statistics hold for all high caffeine intakes.

3) STOMACH IRRITATIONS: A study at the University of Illinois showed that caffeine causes a sharp rise in the hydrochloric acid secretion by the stomach as well as other acid-producing substances such as histamine and alcohol. In 95% of the healthy adults tested, the rise in acid receded after a few hours. But in 5% it did not return to normal and over a period of time all developed serious stomach disorders.

Coffee has traditionally been promoted as an aid to digestion, a compliment to any meal. The unanimous opinion of doctors is the opposite. The coffee bean has certain volatile oils such as caffeol that irritate the stomach lining and derange the digestion. Coffee is most likely to cause the upset when not taken with milk products at a meal.

4) SLEEP: Several independent studies show a peculiar result in sleep. You might expect the REM stage of sleep to be disrupted as with many drugs (see KRI Newsletter No. 1). The facts show that the REM is untouched but that the onset of sleep is delayed. So caffeine can keep you alert for a while without depriving you of necessary REM sleep. If the period of sleep deprivation is extended very long, you will be more tired than if you had stayed awake by using a cold shower, or other technique. Also, you will be considerably more inept during your presleep period than without the caffeine.

5) STRESS: As explained above, the caffeine causes conflicting impulses to many muscles like the heart, and that results in tension. When the body goes through a stress situation, it has a standard chemical stress reaction that can be measured. The main chemical group often measured to see the stress is the catacholamines. A 1969 study showed that moderate amounts of coffee resulted in a significant increase in urinary catacholamine excretion.

6) HABIT CHANGE: More interesting than stress is the tests taken that indicate moderate doses of caffeine effect the brain in such a way that the breaking of any old habit to learn a new one is impaired! This may be related to the stress factor. For any change in habit, either mental or behavioral, requires an expenditure of energy and some stress. We regulate how much we usually stress or risk in order to preserve

ourselves. But if the brain checks the body and finds it already in a stress condition, you will not be able to exert as much to change your habits. Since we are all trying to change the negative habits to positive ones, this is a most significant effect.

7) CONTROVERSIAL EFFECTS: Without controversy, coffee and caffeine products are not recommended for high blood pressure, all hyperthyroid diseases like gout, diabetes, conditions of the stomach, or nervousness. It has been conjectured to contribute to cancer of the bladder. In experiments with mice it was shown to lower pregnancy rates and increase abortions. From this it was conjectured to possess mutagenic potentials. It was positively shown to have gene altering effects by Dr. Ostertag, a German geneticist. He showed that the caffeine not only affects the blood chromosomes, but actually penetrates to the germinal tissues and through the placental barrier to the unborn child. How important the effects are is speculative at this point. But 50 tons a year is worth thinking about.

8) HABITUATION: There is much concern about the hard drug addiction rate in our country. But we can hardly expect that to decrease for long if our style of living allows happy habituation to many lesser chemicals and stops just short of full sanction of full dependence. Caffeine is a classic example of this.

If we agree that habituation is the mental craving upon withdrawl, and addiction as mental and physical dependence manifested by physical signs as well as mental, then there is no doubt that habituation occurs with regular caffeine intake. If a person drinks five or more cups a day of coffee over a few months and then stops any intake, he will experience a typical pattern of withdrawal symptoms that include mental craving, dizziness, weakness and usually headaches. These symptoms appear about 18 hours into withdrawal.

The most popular remedy for the withdrawal is aspirin. But the most popular aspirin compounds on the market contain caffeine even though it has no pain relieving qualities. If caffeine is removed from a brand, its market sales go down. So, many Americans get over caffeine withdrawal by taking more caffeine in a less obvious form.

CHILDREN

You may feel big and strong in your adulthood and choose with all these facts to survive with a smile the warm coffee, tangy tea or cool cola. But your patterns are imitated by the children you bear. And your use makes the chemicals available for their experimentation.

A child in the womb is very delicate and needs the utmost care. No coffee or caffeine beverage should be taken particularly in light of point #7. The growing time of the child lasts for many years after birth. His weight is little and his aspirations many. We must take into account the differences in effect on a child's body of the same chemical. A common rule to translate drug effects to children, to make up for the size and weight difference, is that the effective dose for a 2 to 4 year old child that weighs between 21 and 30 pounds is 1/7 of

that of the adult dose. So if your child drinks just one cola, it is the caffein equivalent of your drinking 7 colas! Furthermore, since the child's intake of the drink is closer to one time, even that effect will be magnified.

An average cola has 0.1 gm. of caffeine. It takes 1.0 gm. to cause serious dizziness, confusion, nauseau, etc. It takes about 10 grams to kill you. When the child drinks two colas close together, that has the effect of over 1 gram of caffeine! This may show up in lowered resistance to a whole swarm of childhood diseases.

The acids and sugar and caffeine undermine the maintenance of strong, healthy teeth. So avoid the dentist bill and cola-coffee-tea bill at the same time. Notice in the first chart above that I listed chocolate bars and their caffeine content. Little needs to be said about the combined harm of sugar, caffeine, and chocolate.

WHAT TO DO?

To break any habit requires an act of will and a motivation to move to another condition. Running from a habit will only tire you. So first examine yourself and the habit to see what it does to you. Then one of the easiest things to do whenever you are about to take more caffeine, is to take a substitute instead which has none of the harmful effects, and which will help clean out the poisons and problems of the previous habit.

When caffeine is taken, it is taken to stimulate you. So, take a food with real fuel and nourishment value. Pop half a handful of raisins into your mouth and chew them slowly and completly until they become a semi-precious fluid you are adding to your body. The raisins will give you the initial stimulating effect of coffee without the following depression or bodily stress symptoms. If coffee is your habit and you love the very idea of coffee, then purchase a good coffee substitute with great flavor, such as "Pero", from the health food store. The substitutes are usually made out of grains and molasses. If tea is your habit, substitute herbal teas in your diet, such as cooling, mint tea. Herb teas are soothing and have many healing capacities and can aid digestion; there are also great flavors to choose from. Throw out all traces of the old tea and stock the cupboards with the new so that you will actually start the new ones. Once you start, your body will recognize the benefit of the essential herbs. If you are satisfied with colas, change to carbonated and pure apple juice, or mix your own out of sasparilla, honey syrup, and soda water. If chocolate is the villain in your life, remember that it robs the body of B vitamins and blocks the proper utilization of calcium. It has theobromine, another one of the Xanthine poison family. Then move to the local health food or supermarket candy section and choose those bars with "carob" added for the chocolate flavor. Fool your taste buds and treat your body to the sweetness of just feeling itself.

Most toxins leave chemical residues stored in the mucous and tissues of the body. To

clean this out so the cravings and habits are automatically weakened we must clean out the blood. To help in this, Kundalini Yoga kriyas and exercises are excellent. In this case, some of the simplest exercises are very effective.

I. BREATH OF FIRE: This is a way of breathing that cleans the blood in three minutes and stimulates the solar plexus to release natural energy throughout your body. To practice this, sit straight and place your palms together at the center of your chest. After tuning in to your own higher consciousness, begin a rapid breath through both nostrils. The action of breathing keeps the upper chest still. The diaphragm is pulled up and down by moving the navel point in as the breath is forced out, then out as the breath goes in. Concentrate on the exhale portion of the breath as the inhale will follow automatically. The breath should go out every 1/3 of a second. That is rapid, but easy once you get the rhythm. Continue for three full minutes, then inhale and hold 10 seconds. Relax.

Practice this whenever you feel tired, crave the old habit, or want to feel your consciousness naturally expand. Do not do it on a full stomach.

II. LONG DEEP BREATHS: If you feel tired you can also sit straight and block the left nostril with the thumb of the left hand. Keep the other fingers straight up like antennae. Take 26 long, deep breaths through the right nostril only. Then inhale and relax. The deep breath should start by relaxing the abdomen and filling the lowest portion of the lungs first. The chest then raises several inches as the upper chest fills. When you exhale pull in the stomach lightly to expel all the air.

If you are overanxious and nervous, do the same exercise except with the opposite hand, breathing 26 times through the left nostril only. This will soothe you and bring the body to a calm state.

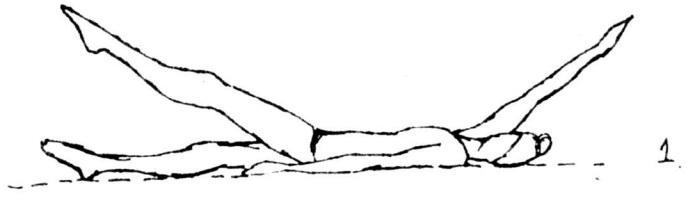
III. ADVANCED BREATH CLEANSING: This is a short series of breathing exercises to balance your blood and mental attitude together.

1. Do exercise II through the left nostril.
2. Do exercise II through the right nostril.
3. Do exercise I for 3 minutes.
4. Now with long deep breaths inhale through the left nostril. Exhale through the right. This breath will balance your mind and nerves. Use your right thumb to block the right nostril, and like a "U" your right index finger to reach over and block the left nostril. Alternate in this manner keeping a straight spine for 26 breath or three minutes.
5. Now close your eyes for a minute and feel completely relaxed and alert. Then inhale and feel great.

Rest 2 minutes between each exercise.

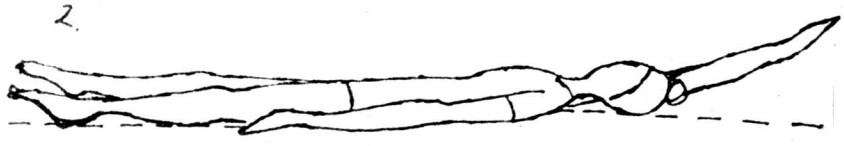
IV. NERVE BALANCE SERIES:
To balance and reconstitute your nerves against the withdrawal and stress effects of change, practice this set each morning after a cool shower, for about a week. It is best if a Kundalini Yoga teacher guides you in this series so all the exercises are done properly and without strain.

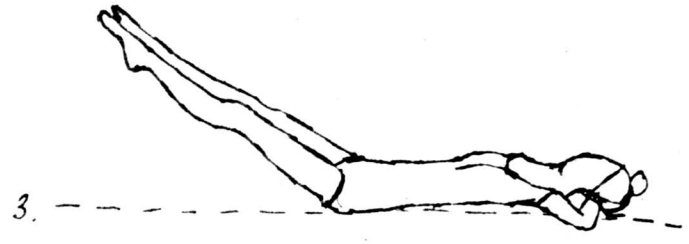
1) Lie on back, right arm behind head, raised up 60° from floor. Left leg up 60°. Block right nostril with left hand, long deep breathing through left nostril. After 1 minute, change to opposite arm and leg, continue left nostril breathing. After 1 minute, change again and continue left nostril breathing for 30 seconds. Inhale deeply, exhale completely out, choke both your nostrils with fingers, and hold breath out for about 3 seconds. Inhale and relax. Dead relaxation, arms at sides, for 5 minutes. Let the flow of this energy continue in yourself.



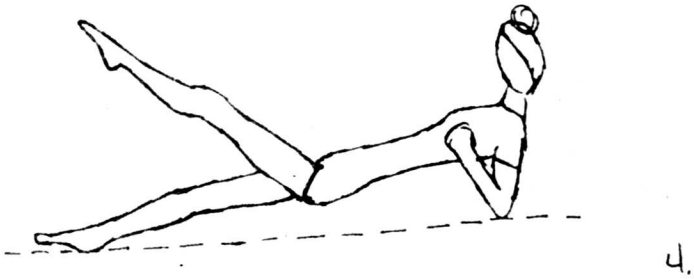
2) On back, raise right leg six inches only from ground (just barely clearing ground). Right hand behind head, clear ground by six inches. Arm is next to ear. Left arm at side on ground. Long deep breathing for 2 1/2 minutes. This exericise affects the brain. It has nothing to do with the body. "If you can't oblige the exercise, the exercise can't oblige you." Inhale deep, hold 10 seconds. Exhale with force, hold out 3 seconds. Inhale, relax. Relax 3 minutes, arms at sides.

3) Lie on back, venus lock under neck (interlocking fingers). Elbows on ground. Heels together, press toes forward, raise legs 2-3 feet off ground. Long deep breathing for 1 1/2-2 minutes. Then inhale, exhale, relax for 2 minutes with arms at sides.

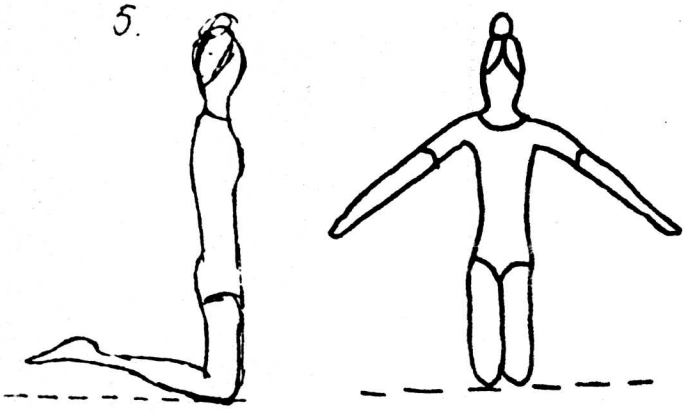




4) On back, raise body on elbows and heels, buttocks off ground. Lift left leg up at 60° angle to ground. Normal breathing. Hold position steady for 1 minute. If you fall, try again. Relax on back 2 minutes.



5) Sit on knees, feet behind off ground. Arms out to sides, about 60° angle to ground. This exercise works on fourth vertebra. After 30 seconds, start walking around the room on your knees, not letting feet touch the ground. After 2 minutes, lie down. Then jump up fast and jump up and down 10 times on toes.



With these corrective measures the body will use its own cleansing mechanisms which we are only supplementing.

CONCLUSION

When we respect the delicacy of our body mechanisms and begin to cultivate those positive habits which allow us more joy and creativity in our life, perhaps the social and chemical habits we pass from generation to generation as legacies of our own unconsciousness may diminish. We want a secure future and strong children. So we must live in a strong present which respects the future and our power to sail the course of our own destiny.

The techniques and consciousness of Kundalini Yoga can offer an aid to the purification of body and mind so that the greatest self expression and creativity of the individual can be enjoyed and respected as a creation of the universal Creator.

DIET

Since your body will be rebuilding itself for a few weeks after changing the habit, it is best to add as many fresh and steamed vegetables, fresh fruits and raw nuts as you like for a few weeks. Decrease acid-producing foods like meat and alcohol. Make sure you have enough vitamins by taking a multiple vitamin pill for a month. Check your mineral intake so the vitamins will be utilized by taking something like cell salts or Bioplasma.